

WORKOUT AT HOME

KICKBOXING WORKOUT



This week's goal: Do each exercise in sequence in this Kickboxing Workout on any 2 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day. Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach. By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up – Complete each exercise for 30 seconds, 2 rounds.

1. Shadow Rope or March



Keep your core engaged, posture straight and arms close to your sides. Even if you don't have a jump rope, you can make circles with your wrists and "air jump." Just one or two inches off the ground is plenty, or take alternating steps in place for less impact.

Modified: Reduce speed to lower impact.

Advanced: add weights.

2. Side Shuffle



Stand with your feet hip distance apart. Hinge/bend forward at the hips, knees bent, looking forward, chest lifted, and neutral spine. Hold your hands in loose fists in front of your chest. Move right to left using small quick shuffle steps the length of a workout mat.

3. Squat with Alternating Kicks



Bend your knees, lower your hips deeply into a squat, and keep weight back in your heels. Keep your hands on your hips or up in front of your face for your boxing stance. Rise back up, straighten your legs and lift the right leg out to the side, squeezing the outer glute. As you step the foot back into shoulder-width distance position, squat down again. Alternate side to side.

Not feeling warmed up? Repeat another set of each exercise. Move onto the Main Workout.

Breathing Better

If you can, breathe in and out through your nose. As the intensity increases, it is okay to switch to inhaling and exhaling through the mouth or a combination of nose and mouth breathing. *Just make sure you are not holding your breath, and that you are taking deep breaths* to fill the diaphragm as opposed to choppy, shallow breaths.

Main Workout: Do each exercise for 30 seconds, for 3 rounds.

1. Front Punch to Front Kick
GROUP 1 – both sides



Punch: Stand tall with your back straight, abs engaged, shoulders relaxed, arms at your sides, elbows bent and feet spaced wider than your hips. Make fists with your hands and bring your hands up in front of your chin. Punch your right arm (in line with the shoulder) across the midline of your body (toward the left), while pivoting toward the left on the ball of your right foot. Pull your arm back in to the starting position, returning to face the front.

Kick: After you punch, balance on your right foot, lift your left leg up straight out in front of you. Aim to get the foot up to hip height, without bending it at the knee. This will be challenging if you have tight hamstrings. Then return your lifted leg back to the floor, shift your weight across to this leg, balance yourself,

Repeat on the other side.

2. Alternating Uppercuts 2:2
GROUP 2



Stand with feet hip-distance apart. Make fists with both hands and lift the arms so that hands are facing your body at chin height. Elbows are bent to a 90° angle and shoulder-width apart. As you lower the body into a slight squat position, rotate the torso and lower your right hand down to chest height so that you can powerfully scoop the arm under and up and to the left for two punches. Repeat the movement to the right with the left arm for two punches. Keep alternating until time runs out.

*Weights optional

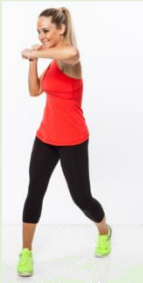
3. Seated Cross Over Core Punches
GROUP 2



Sit on the ground on your sit bones. Keeping your hands at your chest, roll up to a sitting position. Twist your ribs to the left as you punch your right hand to the outside of the left knee. Bring the right hand back to your chest as you untwist, bringing your torso back to the center, and roll down to the ground. Alternate punching on both sides until time runs out.

*Elevated feet are optional

4. Hook Hook Jab 2:1
GROUP 3



Stand in a staggered stance with your left leg slightly forward and both fists protecting your face. Bring your right hand back to your side and punch around in a hooking motion while pivoting your right foot. Next, punch with the opposite (left) hand straight out in front of you while keeping your right hand elevated by your right chin. Repeat on the other side. Alternate until time runs out.

5. Alternating Straight Leg Kickbacks
GROUP 4



Stand upright with your feet together, your back straight, hands on your hips OR in front of your face in “defense” mode. Plant your left leg with a slight bend at the knee. It will be your balance leg. Keeping both legs straight, lift your right leg directly behind you using your glute. Lift your heel as high as you can without leaning too far forward. Squeeze your glute. Then lower your right leg so it's parallel with your left without letting it touch the ground. Repeat on the other side.

6. Alternating Reverse Lunge to Knee Drive
GROUP 4



Stand with your feet together. Take a large step backward with your left foot. As you lunge back with your left foot, drive your left arm forward to maintain your balance. Lower your hips so that your right thigh (front leg) becomes parallel to the floor and your right knee is positioned directly over your ankle. Keep your left knee bent at a 90-degree angle and pointing toward the floor. Your left heel should be lifted. From the ground, drive your left knee up, coming into a standing position with your left leg lifted at a 90-degree angle. Simultaneously drive your right arm up to maintain your balance. If it's too hard to come into the knee drive from the lunge, step your left foot in to meet your right, then raise your left knee up. Alternate sides until time runs out.

*Hop is optional

**Not feeling worked out? Repeat these exercises as a circuit 2-3 more times.
Move on to the Cool Down & Stretch.**

Cool Down & Stretch – Hold each stretch for 20 seconds (per side if applicable)

1. Overhead to Side



Stand with feet slightly wider than shoulder width apart. You can try varying your foot stance to see where you feel the most stretch. Without leaning forward or back, reach both arms straight overhead, grab the right wrist with the left hand and lean toward the left side. Pause here and hold the stretch for a few seconds, then return to center and repeat on the other side. Keep the shoulders and hips facing squarely forward. Slowly alternate sides for a total of 40 seconds OR hold on one side for full 20 seconds before switching to the other side.

2. Rhomboid Stretch



Sit (or stand) with your knees bent. Cross one or both arms over your thighs and grab the backs of your knees (opposite knee). Then start to rise upwards until you feel tension in your upper back and shoulders. You can also round your back and drop your head to deepen the stretch.

3. Chest Opener



Bring your hands behind your back, with your thumbs pointing down, and clasp your hands, touching palm to palm. Your hands should be about even with your low back. Slightly arch your upper back, opening your chest and allowing your shoulder blades to gently come together.

4. Standing Quad Stretch



Stand on your left foot and bend the right leg back, grab the outside of the foot with your right arm. Use the wall, a chair, or counter for balance if needed. Keep your hips and shoulders square to the wall. Try to tilt your glutes under and keep your knees aligned. Hold for 20 seconds, then switch sides.

Go to this link to follow along with the workout video: [KICKBOXING WORKOUT](#)

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